

**If you are under 18 years old and look
after someone who cannot manage
without your help,
Then you are a Young Carer!**



You may be looking after someone who is ill, disabled, frail, has a mental health condition, suffers from substance abuse or an addiction!

Brent Young Carers

Is here to help you with free confidential advice, a range of information, support and fun activities.

Call us on: **020 3802 7070**



A Network Partner of
**CARERS
TRUST**

Registered Charity No: 1066691
Limited Company No: 3354038

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Opening Times: Mon to Fri: 9.00am – 5.00pm